

FITNESS

To read more about our Fitness classes, please view our detailed descriptions on-line at www.CarlsbadConnect.org.

Body Shapers ♥

Be fit and toned for life. Simple but effective moves at a steady pace will be part of this low-impact aerobics and resistance training class. Combine this with a fun mix of exercises to strengthen, tone and stretch the abdominals and back with breathing exercises and you will have a workout that will make your entire body stronger, firmer and more relaxed. Dumbbells will be needed. You will see great results by beginning with dumbbells from 1 lb. to 8 lbs. Drop-ins \$3.

Harding Community Center: Recreation Hall

Instructor: TBA

Age: 18Y and up

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
30274	8:30-9:30am	MWF	Sep 11-Oct 20	17c	\$30/\$40
30275	8:30-9:30am	MWF	Oct 30-Dec 13	18c	\$30/\$40

Danz Chi ♥

Danz Chi is a blend of Martial Arts, Tai Chi and Dance. It is a perfect way to have a balanced and fun workout that combines the vigor of Martial Arts, fluidity of Tai Chi, and creativity and freedom of dance. It improves your physical health and teaches you how to achieve a state of focus. Meditation through movement helps with balance and coordination and it allows you to be creative through movement and dance. It is suitable for all levels.

Calavera Hills Community Center: Activity Room

Instructor: Laura Beken

Age: 18Y and up

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
30624	9:00-10:00am	Sa	Sep 16-Oct 21	6c	\$49/\$59
30625	9:00-10:00am	Sa	Nov 4-Dec 9	6c	\$49/\$59

Jazzercise ♥

Jazzercise is a 60-70 minute, total body workout which lifts your spirits while conditioning your body. Class includes a warm-up, an aerobic segment, muscle toning and a stretch cool down. Join us today – it's your fun way to fitness! Morning and evening classes are available. Your one month fee allows you to attend any and all classes listed per calendar month. Drop-ins \$10. Bring a mat.

Stagecoach Community Center: Activity Room

Instructor: Marti Martinez

Age: 16Y and up

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
30282	9:00-10:15am	M-F	Sep 1-30	25c	\$45/\$55
	6:00-7:15 pm	Tu/Th			
	8:15-9:30am	Sa			
30283	9:00-10:15am	M-F	Oct 2-31	25c	\$45/\$55
	6:00-7:15 pm	Tu/Th			
	8:15-9:30am	Sa			
30284	9:00-10:15am	M-F	Nov 1-30	23c	\$45/\$55
	6:00-7:15 pm	Tu/Th			
	8:15-9:30am	Sa			

30285	9:00-10:15am	M-F	Dec 1-16	14c	\$35/\$45
	6:00-7:15 pm	Tu/Th			
	8:15-9:30am	Sa			

Pilates ♥

Pilates Matwork

A beginning level class introducing the Pilates method – a body conditioning system that focuses on the support and strengthening of what is referred to as the 'Power House' or 'Core' of the body – sleek and functionally strong abdominal muscles, supple and supportive back muscles, and shoulder girdle stability. Building flexible strength within the center of the body, not only results in muscles that appear longer and leaner, but also improves posture, helps prevent back problems and reduces the risk of injury in all life's activities. The matwork exercises are performed on the floor and do not require any equipment. The Pilates method has been used successfully in enhancing athletic performance, rehabilitating injuries and improving functional fitness. Regardless of your age or current fitness level, you will be able to successfully participate in this class.

Harding Community Center: Recreation Hall

Instructor: Sally Pawoll

Age: 14Y and up

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
30286	6:40-7:40pm	Tu	Sep 5-26	4c	\$20/\$30
30287	6:40-7:40pm	Tu	Oct 3-31	5c	\$25/\$35
30288	6:40-7:40pm	Tu	Nov 7-28	4c	\$20/\$30
30289	6:40-7:40pm	Tu	Dec 5-26	4c	\$20/\$30

Pilates with a Stretch

Join us in our quest for longer leaner muscles, core strength and stability, fitness and flexibility. This class is easy on the joints and customized for the beginner to the elite athlete. As an added bonus there will be lots of stretching to increase range of motion, elongate muscles and prevent injuries. To expand your results, emphasis will be placed on proper form, breathing and technique. If your goal is to feel and look better, get stronger and improve posture, this is the class for you! Please bring water bottles and wear loose comfortable clothing. (Mats are provided). Drop in \$5. Drop in tickets can only be purchased Monday through Friday from 8am to 4pm.

Calavera Hills Community Center: Activity Room

Instructor: Sue Stewart

Age: 18Y and up

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
30290	6:00-7:00pm	W	Sep 13-Oct 18	6c	\$24/\$34
30291	6:00-7:00pm	W	Nov 1-Dec 6	6c	\$24/\$34

Pi-Yo ♥

Pilates and Yoga is the perfect combination of modern and ancient mind, body and core strength. Each discipline has its own postures, power moves and principles. Together they will help to create a tremendous energy from within. Our focus will be on balance, attention and deep muscle work, to build strength, control flexibility and harmony in the mind and body. Each participant will learn to modify and adapt the moves according to personal ability and level. Please bring a towel, yoga mat and bare feet. Wear loose comfortable clothing.

Calavera Hills Community Center: Activity Room**Instructor: Sue Stewart** **Age: 16Y and up**

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
30276	6:00-7:00pm	M	Sep 11-Oct 23	6c	\$28/\$38
30277	6:00-7:00pm	M	Oct 30-Dec 4	6c	\$28/\$38

Trail Blast! ♥

Get fit on Carlsbad's Citywide Trails System. Join us for one or all four consecutive sessions that include a guided warm-up with a trainer followed by a brisk run, walk or hike on one of our trails. You can complete the program based on your own fitness level. The trails have been specially selected to give you a great workout while exploring the natural beauty of the city. The final Trail Blast at Lake Calavera Hills coincides with National Public Lands Day, when you can work alongside the many dedicated volunteers who care about the preservation and maintenance of the trails system. Complete all four trails on the TrailBlast program and receive a free T-shirt and other rewards. Best of all, the program is free! For maps and information on Citywide trails visit www.carlsbadca.gov/trails. Remember to bring water and sunscreen, and be sure to wear shoes appropriate for outdoor trails.

Hosp Grove Trail: Rotary Park Trail Head on Monroe St.**Age: 14Y and up**

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
—	9:00-11:00am	Sa	Sep 9	1c	none

Rancho Carrillo Trail: Leo Carrillo Ranch parking lot**Age: 14Y and up**

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
—	9:00-11:00am	Sa	Sep 16	1c	none

Box Canyon Trail: location TBD**Age: 14Y and up**

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
—	9:00-11:00am	Sa	Sep 23	1c	none

Lake Calavera Trail: Tamarack Ave. near Strata Dr.**Age: 14Y and up**

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
—	9:00-11:00am	Sa	Sep 30	1c	none

Wu Style Tai Chi Chuan: Fitness Exercise ♥

Wu Style Tai Chi Chuan combined with Zong Zhuong and Qi Chung promotes health, longevity and an inner calm. Balance as we age prevents broken bones. Tai Chi increases bone density and improves balance. Slow, meditative movements improve concentration and relieve stress.

Calavera Hills Community Center: Activity Room**Instructor: John Page** **Age: 18Y and up**

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
30292	7:00-9:00pm	W	Sep 6-27	4c	\$45/\$55
30293	7:00-9:00pm	W	Oct 4-25	4c	\$45/\$55
30294	7:00-9:00pm	W	Nov 1-29	5c	\$45/\$55
30295	7:00-9:00pm	W	Dec 6-27	4c	\$45/\$55
30688	2:00-4:00pm	Sa	Sep 2-30	5c	\$45/\$55

30689	2:00-4:00pm	Sa	Oct 7-28	4c	\$45/\$55
30690	2:00-4:00pm	Sa	Nov 4-25	4c	\$45/\$55
30691	2:00-4:00pm	Sa	Dec 2-30	5c	\$45/\$55

Yoga ♥**Beginner/Intermediate**

This is an active Yoga class. Each session includes asanas (postures) that are sequenced to provide a contemporary, anatomically sound, approach to traditional Yoga practice. In addition to stretching and strengthening your muscles, joints, and spine, practicing Yoga improves your coordination and balance. You will learn breathing techniques that will nourish your brain, reduce your stress level, and improve your ability to concentrate – but one of the best benefits is the feeling of calm and wellbeing that comes over you after a practice – that mix of peacefulness and strength that stays with you as you move through your everyday life. Yoga can benefit the elite athlete, as well as someone who has not exercised in years. This class is gently respectful of all participants, regardless of age, weight or fitness level.

Harding Community Center: Recreation Hall**Instructor: Sally Pawoll** **Age: 14Y and up**

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
30296	5:30-6:30pm	Tu	Sep 5-26	4c	\$20/\$30
30297	5:30-6:30pm	Tu	Oct 3-31	5c	\$25/\$35
30298	5:30-6:30pm	Tu	Nov 7-28	4c	\$20/\$30
30299	5:30-6:30pm	Tu	Dec 5-26	4c	\$20/\$30
30302	6:00-7:00pm	Th	Sep 7-28	4c	\$20/\$30
30303	6:00-7:00pm	Th	Oct 5-26	4c	\$20/\$30
30304	6:00-7:00pm	Th	Nov 2-30	4c	\$20/\$30
30305	6:00-7:00pm	Th	Dec 7-28	4c	\$20/\$30

Gentle Yoga

This graceful yoga class focuses on mastering a flow of classical poses that will improve your flexibility, stamina, strength, balance and ability to relax. Deep abdominal breathing is the foundation of this class, in which you will learn to coordinate your breath with a balanced, dance-like sequence of postures done standing on the mat. You will experience a natural integration of all levels as a result of your practice and learn why yoga means union. All levels are welcome, as the class is geared to nurture yourself while tuning into your next level of mastery. Lights will be low and soothing music will create a sacred space. Wear comfortable, loose clothing. Bring a mat and a blanket or towel. Please do not eat before class.

Stagecoach Community Center: Activity Room**Instructor: Cynthia Collier** **Age: 14Y and up**

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
30278	6:00-7:15pm	F	Sep 15-Oct 20	6c	\$49/\$59
30279	6:00-7:15pm	F	Nov 3-Dec 15	5c	\$41/\$51

Pre-Natal Yoga

This Prenatal Yoga class is designed for any mother-to-be. Yoga for pregnancy is a great way for the beginner, intermediate or advanced yogini to deal with the physical and emotional changes, challenges and joys she will experience during her pregnancy, labor and birth. Pregnancy yoga classes include instruction on greater body awareness, the usage of the breath, relaxation techniques and the use of gentle by specific postures to prepare the body for the

extraordinary journey ahead. Sometimes overlooked, but very important, is the support that women experience by being in a group with other pregnant women. All of these yogic tools can help women give birth with less pain, less strain, and less fear. Yoga helps women to feel fit and strong, confident and well prepared as they enter this phase of their life. Please bring 2 pillows to class.

Calavera Hills Community Center: Activity Room

Instructor: Liza Janda

Age: 16Y and up

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
30626	11:15am-12:30pm	Sa	Sep 16-Oct 21	6c	\$60/\$70
30627	11:15am-12:30pm	Sa	Nov 4-Dec 9	6c	\$60/\$70

Yoga Plus

Yoga Plus is a combination of Yoga and Pilates. This is an active Yoga class which offers a balance between strength, flexibility and relaxation. Each session includes Yoga asanas (postures) that are sequenced to provide a contemporary, anatomically sound, approach to traditional Yoga practice, plus a selection of Pilates matwork exercises, designed to improve spinal stability, posture, and abdominal strength. Both Yoga and Pilates are mind/body exercise systems that emphasize the importance of breathing. You will find that this class leaves you feeling strong, yet relaxed – more focused and better able to manage stress. No previous Yoga or Pilates experience is necessary.

Senior Center: Auditorium

Instructor: Sally Pawoll

Age: 14Y and up

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
30306	6:00-7:00pm	M	Sep 11-25	3c	\$15/\$25
30307	6:00-7:00pm	M	Oct 2-30	4c	\$20/\$30
30308	6:00-7:00pm	M	Nov 6-27	4c	\$20/\$30
30309	6:00-7:00pm	M	Dec 4-18	3c	\$15/\$25
30310	6:00-7:00pm	W	Sep 6-27	4c	\$20/\$30
30311	6:00-7:00pm	W	Oct 4-25	4c	\$20/\$30
30312	6:00-7:00pm	W	Nov 1-29	5c	\$25/\$35
30313	6:00-7:00pm	W	Dec 6-27	4c	\$20/\$30

Activities and classes with ♥ offer a health and wellness benefit to the participant. See page 30 for more information.

MARTIAL ARTS



To read more about our Martial Arts classes, please view our detailed descriptions on-line at www.CarlsbadConnect.org.

Karate-JKA Shotokan ♥

Adult

Introduces adult students to the physical and psychological benefits of an authentic martial-art training environment. Participants learn basic karate techniques and concepts for self defense that build strength, coordination and flexibility. Special emphasis is placed on increasing physical, mental and emotional endurance as students improve their self-discipline and confidence, along with developing strategies to reduce stress and deal with conflict.

R = Harding Community Center: Recreation Hall

A = Harding Community Center: Auditorium

Instructor: Edmond Otis

Age: 13Y and up

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
30017	6:00-7:00pm	W: R	Sep 6-Oct 28	16c	\$78/\$88
	11:00am-12:15pm	Sa: A			
30018	6:00-7:00pm	W: R	Nov 1-Dec 30	18c	\$78/\$88
	11:00am-12:15pm	Sa: A			

Adult Advanced

Students work towards developing their mastery of the basic techniques, while continuing to learn a more sophisticated range of techniques, forms, and principles. Our unique social skills focus includes: etiquette, social awareness, risk assessment, verbal and nonverbal communication strategies and the effective use of body language.